

**CARLA HAMPSHIRE**  
**Speaker | Wellness Coach | Author**

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***Becoming Resilient in a Stressful World***

**Session description:**

We live in a busy society where stress has become part of our daily existence. How do we survive and thrive in this stressful world we live in?

We will look at what happens to a body under chronic stress and learn ways to lessen the stress we face every day and become more resilient.

**In this session, you will:**

- Learn how to incorporate mindfulness-based practices into your daily routine,
- Cultivate positive emotions,
- Make therapeutic lifestyle changes that will promote well-being, including: eating well, exercising daily, sleeping better, and learning how to relax.

You will leave this session having practiced tools you can use daily to help you better navigate this stressful world and become a more resilient person.

***\*Available as a 45 to 60 min Keynote, as a 60 min Workshop/Lunch-and-Learn, or as a half day in-depth Workshop.***

**Testimonials**

*I found the workshop engaging, informative, and extremely helpful. I learned about the impact of nutrition on stress and many great strategies that I can use to increase my resiliency and rebuild my health. I am motivated to take manageable steps that will enhance my health and sense of wellbeing.*

*~ Janet W. Education Assistant, Calgary Board of Education*

*It is a very informative and insightful session. But most of all...motivating. Carla really put things into perspective and helped me believe that with the right nutrition and a balanced approach to life, a less stressful life is possible.*

*~ Liliana S. - Calgary, Canada*

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***Healthy Body for Life***